

# Police Cyclist Course

**Date:** May 18 - 21, 2010

**Location:** **St. Paul Police Department**  
Eastern District  
722 Payne Avenue  
Saint Paul, MN 55130

**Time:** 0800-1700  
1400-2200 (3<sup>rd</sup> Day only)

**Instructors:** Officer Jason Bain, IPMBA Certified Instructor, SPPD  
Officer Anthony Holte, IPMBA Certified Instructor, SPPD  
Sergeant Murray Prust, IPMBA Certified Instructor, SPPD

**POST:** 32 Credits

**Cost:** \$375.00

Bicycle officers need to ride whenever and wherever they are needed. Proper training is essential to an officer's on-the-job performance and safety. It is also critical in reducing liability. The PC course provides bicycle officers with the skills they need to effectively serve their communities. The course is divided into eleven units: Bike Handling & Vehicular Cycling, Bike Fit, Group Riding, Hazard Recognition & Common Crashes, Obstacle Clearing & Riding Techniques, Patrol Procedures, Nighttime Patrol, Community Policing, Basic Maintenance, Legal Issues & Traffic Laws, and Fitness & Nutrition. This demanding class involves over 20 hours of on-bike time to develop and improve riding skills.

IPMBA Certification is available to sworn police officers who successfully complete the practical test, earn a score of 76% or better on the written test, become members of IPMBA, and submit applications for certification accompanied by the appropriate fee.

To register, go to the website: <http://www.ci.stpaul.mn.us/forms.asp?fid=41> and fill out registration form. If you have any questions, please call the Saint Paul Police Department Training Unit at (651) 266-5555 or email: [pdi@ci.stpaul.mn.us](mailto:pdi@ci.stpaul.mn.us)